

What is claimed is:

1. A process for preparing cooked rice in aseptic package made of long grain which comprises the step of:
 - (a) soaking long grain rice in a solution of emulsified oil, whereby cooked rice
5 not having property of glutinousness but having fluffiness and smooth mouthfeel is produced.
2. The process according to claim 1, including a further step of
 - (b) cooking the long grain rice with a solution of emulsified oil as a liquid for
10 cooking after carrying out step (a).
3. The process according to claim 1, including further steps of
 - (c) filling the long grain rice automatically in a heat-resisting plastic container, sterilizing the rice 4~10 times repeatedly for 4~8 seconds at high temperature of
15 130~150 °C and high pressure before carrying out step (b); and
 - (d) hermetically sealing and packaging the resultant cooked rice in aseptic after carrying out step (b), whereby cooked rice in aseptic package can be obtained.